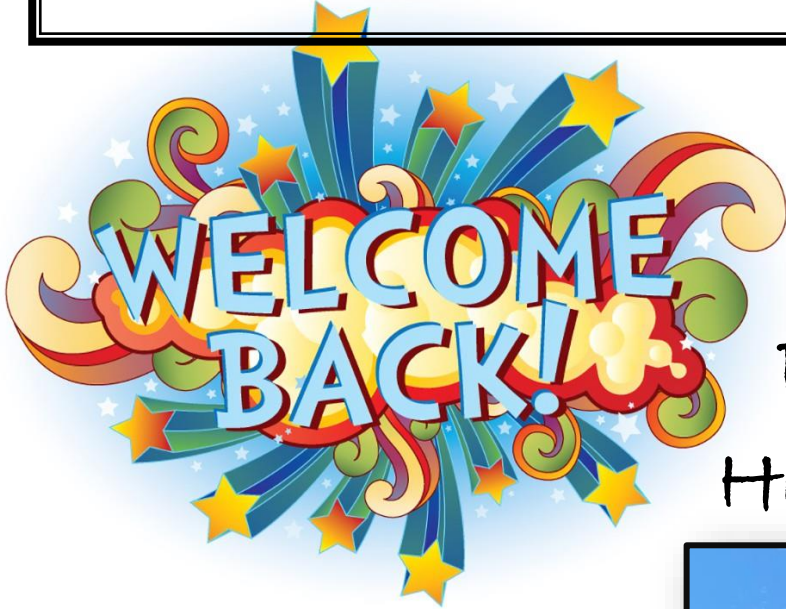




NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER



We are so excited to
announce the
REOPENING of the
Hudson Senior Center!

Registration Day!

July 15 10:00am-2:00pm

Thank you for stopping
by register for the 2021
year and to sign up for
programming! We look
forward to having you

back at the Hudson
Senior Center for
activities! Please sign up
for all your programming
today or call 578-3929

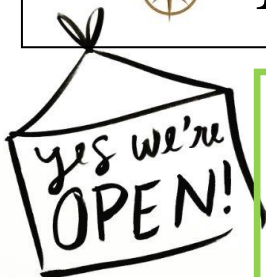


RE-OPENING SOON!

Our "soft" opening programs will
begin on July 20. Please see the next
page for the schedule! More
activities will be added soon!



RE-OPENING SCHEDULE!



This is our “soft” opening schedule! We are opening for programs first, and shortly we will add social activities too! Please RSVP or sign up for all activities. Please watch the Center information for details.

If you have an email address add it to our list so we can send you information and our Fall newsletter!

Please RSVP or Sign Up for all Programming and Classes...you can also call 603-578-3929.

STARTING
JULY 20, 2021

TUESDAY

8:00am	Center Opens
8:30am	Registration Available all day
8:30am	Tech Help Tuesdays Appointments available
9:00am	Billiards (starting July 27)
1:00pm	Chair Yoga \$5
4:00pm	Center Closes

WEDNESDAY

8:00am	Center Opens
8:30am	Registration Available all day
9:00am	Silver Knitters
1:00pm	Aerobics \$5
2:30pm	Strength & Balance Class \$5
4:00pm	Center Closes

THURSDAY

8:00am	Center Opens
8:30am	Registration Available all day
9:00am	Line Dancing \$5
10:30am	Line Dancing \$5
1:00pm	Ping Pong
4:00pm	Center Closes

WELCOME BACK!



Please remember you must be registered at the Hudson Senior Center to participate in any of our activities. You can register every day we are open, or stop by on July 15, 2021 10am-2pm



The North Barn Presents

HOME HEALTH AND HOSPICE

FOOT CARE CLINIC

We host a foot care clinic on the 2nd Wednesday of the month. Please call 603-689-2899 to set up an appointment. Please be aware if the Center is closed due to inclement weather there is no Clinic.

First Clinic is August 11
Price is \$35 per appointment

BILLIARD TABLE!

Our billiard table is once again open for playing! Please RSVP to be included in this activity. The table is available on Tuesday mornings starting at 9am.

First day is July 27, 2021

TECHNOLOGY HELP TUESDAY

John is once again available for appointments to help with your Technology needs! Please sign up for a time on Tuesdays to meet one-on-one with John! Appointments start at 8:30am
Call 603-578-3929 to book an appointment

AFFORDABLE HEARING AIDS

Chris Streeter is here the first Tuesday of every month for appointments. Please sign up at the Senior Center or call 578-3929 to make an appointment.

New Clients being accepted!

EXERCISE!

We offer amazing exercise classes at the Senior Center! Please ask if you have any questions on classes!

COMMUNITY DINING

Community Dining will be offered at the Hudson Senior Center again! Please sign up to be included in all correspondence and re-start information.

SHOE & BRACE CLINIC

November 11, 2021

We are hosting a Shoe and Brace Clinic

Please contact the Senior Center for an appointment and forms for your doctor. Appointments available starting at 1:30pm on November 11.

PING PONG

Our Ping Pong Tables will be set up on Thursday afternoons for the remainder of the Summer! Please RSVP for anytime after 1pm!
603-578-3929



SENIOR CENTER INFORMATION

Welcome back to your Hudson Senior Center! We are so excited to open our doors and welcome you back! Please remember you must be registered to participate in any of our activities, including being social! Registration is available any day we are open.

Social Programs and activities will be resuming soon. Please watch for any updates and changes to the schedule!

Cards and games are not offered at the Hudson Senior Center at the moment, but they will be returning soon!

We are also a carry in – carry out facility. Please do not leave items at the center, but you can bring what you need for your activity!

CORONAVIRUS ~ COVID -19 INFORMATION

The Senior Center will continue to follow all local Government Rules and Regulations as well as all State of New Hampshire Rules and Regulations in regards to the Coronavirus Pandemic.

As a general rule...if you do not feel well or have a fever please stay home.

ARE YOU FULLY VACCINATED?

You are considered fully vaccinated against COVID-19 if it has been **two or more weeks** since you got your second dose in a two-dose series (such as Pfizer or Moderna), or one dose of a single-dose vaccine (such as Johnson & Johnson).

FULLY VACCINATED PEOPLE CAN:

Visit with **other fully vaccinated people** indoors without wearing masks or physical distancing.

Visit with **unvaccinated people from a single household** who are all at low risk for severe COVID-19 disease, indoors without wearing masks or physical distancing.

Refrain from quarantine and testing following a known exposure, if the fully vaccinated person does not develop symptoms of COVID-19.



MASKS

If you are not fully vaccinated please protect yourself and others by wearing a mask



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

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Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Cough, shortness of breath or difficulty breathing

Fever or chills



Muscle or body aches

Vomiting or diarrhea

New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has **emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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ABOUT THE SENIOR CENTER

The 5 W's & 1 H about the

Hudson Senior Center

What: The Hudson Senior Center is an active adult recreation center that focuses on improving the daily activities of the local population of residents age 55 or older.

Who: Anyone over the age of 55, or their spouse if younger

Where: 19 Kimball Hill Road,
Hudson NH (603) 578-3929

When: Summer Re-Opening
hours are Tuesday – Thursday
8am-4pm

Why: To be more active,
make new friends, have a
good lunch, get in shape, stay
healthy and more!

How: Register any day at the
office! \$10 registration fee
per fiscal year; per person.
You can also down load the
forms off the website at:

<https://www.hudsonnh.gov/seniorcenter>

REGISTRATION FOR 2021

If you would like to continue being a part of the Hudson Senior Center and coming to activities you need to register for the 2021-2022 year. We began registration for the year on July 15, 2021. Our next new year will begin on July 1, 2022. You can drop by the Senior Center any time we are open to re-register, or register for the first time! It is \$10 a year (we run a fiscal year at the Senior Center) to belong and we accept cash or checks made out to the Town of Hudson.

Be sure to get the new sticker on your badge if you are re-registering! If you are registering for the first time please leave enough time to fill out paperwork and sit for your photo ID! Forms are also available on the website

EMAIL LIST!

New to the Center! We will also be able to email your newsletter to you! As well as any updates and special event information! To stay in touch with all things happening at the Senior Center please register and add your email to our database!

HUDSON SENIOR CENTER
LOCATED IN THE NORTH BARN AT BENSON PARK
19 KIMBALL HILL ROAD, HUDSON, NH 03051
603-578-3929
WWW.HUDSONNH.GOV
lbowen@hudsonnh.gov



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